

# *Life Vision & Long-Term Direction*

Presented by  
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# WHY YOU NEED A LIFE VISION



A CLEAR VISION GIVES YOUR LIFE DIRECTION

HELPS YOU MAKE BETTER DECISIONS AND SAY "NO" TO DISTRACTIONS

KEEPS YOU MOTIVATED DURING TOUGH TIMES

YOUR GOALS BECOME STEPS TOWARD SOMETHING BIGGER

# BIG-PICTURE LIFE VISION (5-10 YEARS)

## The Big Picture



IMAGINE YOUR LIFE 5-10 YEARS FROM NOW

WHERE ARE YOU LIVING? HOW DO YOU SPEND YOUR DAYS?

WHAT KIND OF WORK ARE YOU DOING?

HOW ARE YOUR HEALTH, RELATIONSHIPS, AND FINANCES?

HOW DO YOU FEEL ABOUT YOUR LIFE OVERALL?

# KEY AREAS TO ENVISION



CAREER & FINANCES

HEALTH & FITNESS

RELATIONSHIPS & FAMILY

PERSONAL GROWTH & MINDSET

LIFESTYLE & FREEDOM

CONTRIBUTION & IMPACT

# DEFINING WHO YOU WANT TO BECOME



FOCUS ON IDENTITY, NOT JUST ACHIEVEMENTS

“WHO DO I NEED TO BE TO LIVE THAT VISION?”

EXAMPLE: “I AM DISCIPLINED”, “I AM CONFIDENT”, “I

AM A LIFELONG LEARNER”

IDENTITY SHAPES YOUR DAILY CHOICES AND HABITS

# IDENTITY-BASED GOALS



INSTEAD OF “I WANT TO LOSE 10 KG” → “I WANT TO BECOME A HEALTHY PERSON”

INSTEAD OF “I WANT A PROMOTION” → “I WANT TO BECOME A VALUABLE PROBLEM SOLVER”

FOCUS ON BECOMING THE TYPE OF PERSON WHO NATURALLY ACHIEVES THOSE RESULTS

IDENTITY GOALS ARE MORE POWERFUL AND LONG-LASTING

# VISION BOARD – VISUAL EXERCISE



COLLECT IMAGES, WORDS, QUOTES THAT REPRESENT YOUR IDEAL FUTURE

INCLUDE VISUALS FOR CAREER, LIFESTYLE, TRAVEL, FAMILY, HEALTH, ETC.

PLACE YOUR VISION BOARD WHERE YOU SEE IT DAILY

USE IT AS A REMINDER AND MOTIVATOR FOR YOUR GOALS

# WRITTEN VISION – SCRIPT EXERCISE



WRITE A DETAILED DESCRIPTION OF YOUR IDEAL DAY  
5–10 YEARS FROM NOW

USE PRESENT TENSE: "I AM... I HAVE... I FEEL..."

BE SPECIFIC ABOUT ENVIRONMENT, PEOPLE, WORK,  
AND FEELINGS

LET IT FLOW – DON'T JUDGE, JUST WRITE

# TIPS FOR A POWERFUL VISION



**BE HONEST: WHAT DO YOU REALLY WANT, NOT WHAT OTHERS EXPECT**

**AIM HIGH BUT STAY BELIEVABLE FOR YOURSELF**

**MAKE IT EMOTIONAL – HOW DO YOU WANT TO FEEL?**

**REVISIT AND REFINE YOUR VISION REGULARLY**

# FROM VISION TO DIRECTION



YOUR VISION = YOUR COMPASS

LONG-TERM DIRECTION COMES FROM KNOWING  
WHAT YOU'RE MOVING TOWARD

FUTURE MODULES: TURNING THIS VISION INTO CLEAR  
GOALS AND ACTION STEPS

REMEMBER: CLARITY FIRST, STRATEGY LATER

**THANK YOU**